



The Book of Dim Mak: Revised and Updated

A. Flane Walker, Rick Bauer

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Contrary to popular myth, the original purpose of dim mak was not the training of assassins. It was an intensive study of the medical arts that incorporated the martial arts, and its ultimate goal was to heal, not to destroy. The revised and expanded edition of **The Book of Dim Mak** (originally titled **The Ancient Art of Life and Death**) was written by black belts for black belts. It is an instructor-level reference on the study and practice of dim mak.

Every traditional kata had three levels of skill and learning, and dim mak was no exception. The first level was learning the mechanics of the form. The second tier dealt with unveiling the intent of the form, often referred to as the "inner courtyard." Essentially, it involved identifying all the dim mak target sequences, as well as intense physical development required to build the necessary skill and precision. The third tier was the "master level," where the 36 chambers came into play. The grandmaster invited the student to advance from the inner courtyard knowledge and study directly with him. Within the ensuing 36 chamber training, the student learned all the dim mak applications completely (both offensive and defensive). When the student graduated, he was considered an instructor of the system, as well as a traditional physician.

This new edition contains expanded sections on the history of dim mak and the science of applied trauma, as well as all-new parts on the governing vessel (including unpublished material on GV 12 from the late Erle Montague) and the conception vessel.

Those seeking a balanced, professional perspective on dim mak will find this comprehensive guide an indispensable resource.

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Cesar Smith:

Reading can called brain hangout, why? Because while you are reading a book mainly book entitled The Book of Dim Mak: Revised and Updated your head will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a reserve then become one form conclusion and explanation this maybe you never get just before. The The Book of Dim Mak: Revised and Updated giving you yet another experience more than blown away your brain but also giving you useful facts for your better life in this era. So now let us explain to you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Michael Bradley:

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